



## Covington Aquatic Center

(253) 480-2480 • 18230 SE 240th St

[www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac)

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# Lifeguard Training

## At Covington Aquatic Center

2013



### What An Experience!

Here's your chance to build your résumé and show the world what you can do -

- Prepare for college and a career by developing leadership and communication skills
- Be a hero by learning lifesaving skills such as first aid and CPR
- Have fun and earn money at a job you love

Take this fun and exciting course to get certified in Lifeguard Training, First Aid and CPR/AED.

### Am I Ready To Take This Course?

This course is strictly limited to those individuals that are at least 15 years of age by the end of the course and are able successfully demonstrate the prerequisite swimming skills evaluation. The prerequisite swimming skills evaluation is completed on the first day and includes the following skills:

- **300-Yard Swim:** Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- **Tread Water:** Tread water for 2 minutes using only the legs. Candidates must place their hands under the armpits and keep their head above water.
- **Timed Event:** Starting in the water, swim 20-yards using front crawl or breaststroke, surface dive 12 feet, retrieve a 10-pound dive brick, return to the surface, swim 20-yards on the back to return to the starting point with both hands holding the brick and exit the water without using a ladder or steps. Must be completed within 1 minute, 40 seconds. Swim goggles are not allowed. Candidates should not swim the return distance underwater.

The skills evaluation is design to determine whether individuals have the overall strength, endurance and comfort in the water that is necessary to successfully participate in the class.

### Class #, Days & Times

#### #1403.1001 Saturday 2/16-Friday 2/22

Saturday, 8-10am

Monday, Wednesday, and Friday, 8am-3pm

#### #1403.2001 Saturday 3/30-Friday 4/5

Saturday, 8-10am

Monday, Wednesday, and Friday, 8am-3pm

#### #1403.2002 Saturday 4/6-Friday 4/12

Saturday, 8-10am

Monday, Wednesday, and Friday, 8am-3pm

#### #1403.3001 Saturday 8/3-Friday 8/16

Saturday, 8-10am (no class on 8/10)

Monday, Wednesday, and Friday, 8-11:30am

### Cost

General Fee: \$240.00

Covington Discounted Fee: \$200.00

### Materials

All course materials are included in the cost of this course.

### Online Learning

This Lifeguard Training course is taught through a method called blended learning. Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency. Please plan to complete the online lessons prior to your first on-site skills class. To complete the online lessons you will need access to a computer and the internet. When registering for this course, be sure to provide an email address, which in turn we will send instructions to you on how to complete the online lessons. The online lessons will take approximately 8 hours to complete.

### Limited Space—Register Today!

Registration available

- online at [www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac)
- via phone, 253-480-2480
- in person at the Covington Aquatic Center (18230 SE 240th St)